

acton senior citizen news

A BULLETIN FROM THE ACTON COUNCIL ON AGING

May 2007

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am -5pm. Telephone number is 978-264-9643.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at www.town.acton.ma.us, Click on Departments then on Senior Center.

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“Is it Really Spring?” or Greetings from a Waterlogged COA Director

As I write this on April 20th, I am gazing out at the blue sky and sunny parking lot – yes, I said sunny! After days of damp rainy weather and wet basements for many of us, it is such a joy to behold! So, I hope most of you are able to get out and walk for a bit or sit outside and hear the birds, see the tree buds and the daffodils while breathing in the new life all around us that is the gift of spring.

While you’re out and around, why not drive or walk up here and visit the Senior Center? We love meeting new seniors, as well as seeing our old friends, and welcome the opportunity to show you our place and fill you in on what’s available here this spring. The best way to know what’s going on, of course, is to read this newsletter! Judy, our editor, works hard to fit in the details of programs and classes that Debby has arranged, services that Carol offers and coordinates and other news items we feel will be of interest or benefit to you.

A highlight of this newsletter is, as you can see, photographs of our beloved Edie Dietrich, meal site manager here for the last 14 years, who just recently retired. Many friends came to wish her well during a lovely brunch in our Senior Center living room.

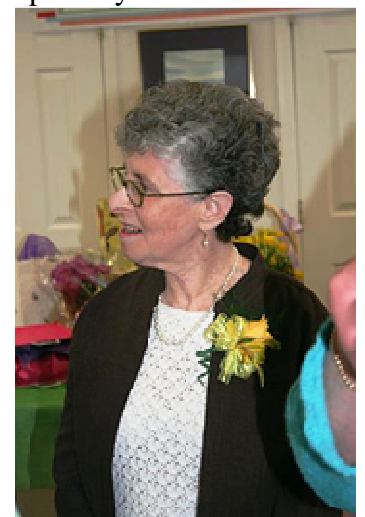


Edie is a very gentle caring woman who made sure the dining room was always an inviting place for seniors to gather for a noontime meal. Her decorations for holiday luncheons, special treats and table centerpieces helped make those gatherings especially festive. We will miss her in so many ways, but will always welcome her at senior center classes and luncheons, as she will still be living in Acton. Best wishes from all of us, dear Edie.

The summary of our senior survey is still in the writing phase, but we have already tried to incorporate many of the ideas for programs into our spring schedule. Beginning Spanish classes,

German Opera, Classical Composers, Pool (billiards) lessons, individual computer instruction, Elderhostel presentation and luncheon specials are all programs you have asked for and which we hope many of you have or will take advantage of. We will continue to use your input to help us plan our fall program over the summer months.

Happy Mother’s Day and Happy Spring!



**Registration for NEW Classes and Programs begins Monday, May 7th at 12:00 noon.
You may stop in or call to register.**

All Classes and Programs are held at the Senior Center unless otherwise noted.

CLASSES/GROUPS/PROGRAMS

NEW FOR MAY.....SIGN UPS BEGIN MAY 7th at 12:00 NOON!

Computers for Beginners

Mondays in May, 10:00-11:30

Class topics are: May 7th - Understanding the Desktop, May 14th - Using Word Processing and May 21st - Navigating the Internet. Come once or come every week. Repeat learners are always welcome.

► “Compare and Contrast: Schubert and Schumann, Rachmaninoff and Debussy”

Mondays, May 7th and May 14th; 1:00 – 3:00

Presented by Framingham State College and the Center for Lifelong Learners. Through lecture and piano demonstration, Ms. Alice Wilkinson will compare and contrast the late classical style of Schubert with the romantic style of Schumann. In the second session, she will present a comparison of the late romantic music of Rachmaninoff and the impressionistic music of Debussy.

The New England Wagtime Dancers

Tuesday, May 8th, 12:30

Three members of the New England Wagtime Dancers, a musical canine freestyle team, will be performing for your pleasure following the Mother’s Day Lunch at the Minuteman Meal Site. Canine Freestyle is dancing with your dog to music and is affectionately known as “doggie dancing”. The owners choose the music, choreograph the routines and teach the moves to their four footed friends. Please join us for the wonderfully fun and fresh program! Sign up for the lunch by calling the meal site. See page 5 for lunch details.

► Elderhostel Program

Wednesday, May 9th, 1:00

Join us to learn more about the possibilities of local and international travel with Elderhostel. Ambassadors Jack and Barsha Kantor love spreading the word about the advantages of being a participant in the Elderhostel program.

► Acton Striders Walking Group

Wednesday, May 9th, 2:30

With spring comes the rejuvenation of the Acton Striders Walking Group! Join us for an informational and organizational meeting at the Senior Center. We will plan the structure of the walks, days and times as well as look for some walking leaders. Please call the COA office to let us know that you will be a part of this meeting.

Friendly Visitors

Wednesday, May 16th, 1:00-3:00 ** Please note day/time change**

Spring Planting Party at the Senior Center. Current visitors will be planting pots of spring flowers to deliver home to the people they visit.

► Men’s and Ladies Pancake and Sausage Breakfast

Friday, May 18th, 9:00

Join us for breakfast! Please sign up. Call the COA by Wednesday, May 16th for a reservation. Cost is \$2.00.

► Chinese Lunch

Tuesday, May 22nd, 12:15

With thanks to The Friends of the Acton COA you are invited to a free catered Chinese luncheon at the Acton Senior Center meal site. The meal, provided by The Far East Cafe in Woburn, will include Oriental Grilled Chicken and Vegetarian Delight over rice noodles with a side of pineapple and fortune cookies. The traditional meal (also provided compliments of The Friends) will be Tomato Cabbage Soup, cottage cheese, tropical fruit, rye bread with a cherry muffin and blueberry grahams. Call the meal site by Thursday, May 17th with your reservation.

► Indicates that you must sign up in advance!

NEW FOR MAY (continued)SIGN UPS BEGIN MAY 7th at 12:00 NOON!

► **Luncheon with Life Care Center of Acton**

Friday, May 25th, 11:45

Join us when Life Care Center of Acton provides us with a delicious luncheon at no charge. As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with area residents and deliver this meal to the Senior Center meal site.

► **Deaconess Organization Provides Lunch**

Friday, June 8th, 11:45

The Groves in Lincoln, a new community being built in Lincoln by the Deaconess organization, is pleased to provide luncheon at the Senior Center. After a brief presentation a light lunch of wrap sandwiches and side dishes will be served at no charge. Please call the COA office to reserve your seat for this complimentary luncheon.

► **Indicates that you must sign up in advance!**

TRIPS/OUTINGS

► **The Wright Museum – World War II Home Front in Wolfeboro, NH**

Tuesday, May 15th

Travel with us to the Wright Museum and the World War II years of 1939-1945. Interpretive exhibits and interactive displays bring to life the American experience on the Home Front including student life in the 40's, sports, entertainment and fashion, recycling and rationing, 1940's home display and much more. After the museum tour enjoy your choice of grilled chicken with sauce, grilled sirloin strip or fish and chips at 51 Mill Street restaurant and then shopping on your own in the quaint town of Wolfeboro, departing at 3:30.

COST: \$35.00 includes bus, museum admission, lunch and gratuities

DEPART: 9:00am Nagog Woods Office Park – end of drive at cul de sac

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check.
2. Payment is required two weeks prior to the trip, unless otherwise noted. If payment is not received in time, your name will be removed from the sign-up. Your check will return if you can't go, and if your place can be filled. For multiple trips please make separate checks for each.
3. Checks should be made out to: The FRIENDS of the Acton COA. You may drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton.
4. Parking for trips is at the end of Nagog Woods Office Park Rd. Enter from Rte. 2A/119 at Bickford's Restaurant and follow the road to the end. See the parking lot on the right.
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips.

Long Life Family Study

Boston University Medical Center and BU School of Medicine is conducting the "Long Life Family Study" interested in exceptional longevity that runs in families. **Families with at least two living siblings over 80 years of age may be eligible to participate.** There is no cost to participate and subjects do not have to travel to Boston. The research project is approved by the Elder Rights Review Committee at the Executive Office of Elder Affairs and the Institutional Review Board at Boston University Medical Center. They are HIPPA compliant. Brochures are available at the Acton COA, by calling 1-888-333-6327 or from the website: www.longlifefamilystudy.org.

Senior Center Art Display

Thanks to Sarah Mickunas who provided a lovely display of her mother's and her own works in April. In May we welcome the Acton Public and Regional Schools with a "Variety of Media" including paintings, drawings, prints, photographs, digital images and other creative materials. You can meet some of the artists and enjoy their works at a **reception at the Senior Center on Wednesday, May 16th, 3:00-4:00**, light refreshments will be served.

ONGOING CLASSES/GROUPS/PROGRAMS

ONGOING ACTIVITIES.....SIGN UP IF NECESSARY!

Drop-in Bridge

Mondays, 10:00-12:00

Drop-in Mah Jongg and Mexican Train

Tuesdays, 12:30, except May 22 time is 1:00

Spanish for Beginners

Thursdays through May 24th, 1:00-2:00

Computer Club

Tuesdays, May 8th and 22nd, 10:00-11:30 and/or Wednesdays, May 2nd, 16th and 30th, 1:30-3:00

Chronic Disease Management

Thursdays, May 3rd, 10th, 17th, 24th and 31st, 1:00-3:30 in the Senior Center Living room

A Taste of German Opera

Tuesdays, May 1st and 15th, 12:30-3:00 and May 22nd, 1:00-3:30 (No Opera class on May 8th)

► Ask the Lawyer

Tuesday, May 15th, 1:00-3:00

Attorney Leslie Madge, a certified Elder Law Attorney, offers 20 free minute private legal consultations.

Pool Lessons

Wednesdays, play begins at 1:00 (No Pool on May 16th)

Come join this weekly group! Instruction is generally available. All levels are welcome to come and play.

Watercolor and Drawing with Cynthia Durost

Wednesdays through June 6th, 9-10:30

Drop-in One-Stroke Decorative Painting

Mondays, 9:30-11:00, through May 21st

Acton Senior Quilters

Wednesdays, 10:00-12:00

Knit/Crochet

Wednesdays, 12:30-2:00 (No gathering on May 9th)

Genealogy Group

Fridays, May 11th and 25th, 1:00 – 3:00

Newcomers are always welcome to join this group in the Senior Center living room!

“The Bookies”

Monday, May 21st, 1:00

The Devil in the White City by Erik Larson, is a spellbinding bestseller which intertwines the true tale of two men; the brilliant architect behind the 1893 World’s Fair, striving to secure America’s place in the world and the serial killer who used the fair to lure his victims to their death. You don’t have to read the book to join the group!

Pool/Ping Pong/Poker

Daily, 12:30 for pickup pool and ping pong and Fridays, 1:00 for poker

New players always welcome! Check the calendar in office for conflicts with programming for the dining room.

► SHINE (Serving the Health Information Needs of Elders)

Mondays, 1:00-3:00

MaryJane Costello will help you navigate the confusing world of health insurance. Call for an appointment.

► Indicates that you must sign up in advance!

SENIOR CINEMA ****Note the new day****

In order to accommodate a multi-session program we have had to change movies to every other Friday afternoon. Thank you for understanding and please come enjoy our May selections.

Every other Friday at 12:30

- **Friday, May 4th, “Happy Feet”** – In the great nation of Emperor Penguins, deep in Antarctica, you’re nobody unless you can sing. Mumble was born dancing to his own tune-tap dancing. PG
- **Friday, May 18th, “The Pursuit of Happyness”** – Chris Gardner is a bright and talented, but marginally employed salesman. When Gardner lands an internship at a prestigious stock brokerage firm, he and his son endure hardships, including living in shelters, in pursuit of his dream of a better life for them. PG-13
- **Friday, June 1st, “Ladies in Lavender”** - This heartwarming film stars Judi Dench and Maggie Smith as two sisters whose quiet lives dramatically change when they discover Andrea, a badly-injured young foreigner washed ashore near their coastal home in pre-war England. PG-13

STAYING FIT – All classes are full and listed below just as a reminder of the dates for those enrolled.

Stretch and Flex, Mondays through June 18th, 8:30-9:30

Senior Cardio-Flex, Tuesdays and Thursdays, 8:30-9:30 or Wednesdays and Fridays, 8:30-9:30, through the week of June 17th

Beginner/Intermediate Stretch and Tone, Tuesdays and Thursdays, 9:45-10:45, through the week of June 17th



Expanded LRTA Van Service

The Lowell Regional Transit Authority offers rides on Wednesdays to Lahey Clinic in Burlington for \$12.50 and the Boston Medical Community for \$25. Call 1-800-589-5782 at least 2 days in advance. The van will arrive at Lahey about 10:30 and Boston about 11:00. Return rides leave Boston about 1:30 and Lahey about 2:00.

SENIOR VAN SCHEDULES

The Acton COA van is available Monday through Friday to all Acton seniors (age 60 and over) and disabled younger Acton residents. Reservations should be made weekdays 8:00-12:00 by calling 978-264-9643. Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to call at least one day in advance, sooner if possible. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.

The Road Runner Van is also available to Acton senior citizens Tuesday, Wednesday and Thursday, 9:00–3:30. Call 1-800-589-5782, at least 24 hours in advance. Fares are the same as the COA van.



► **Minuteman Lunches**

Minuteman Lunch is served Monday through Thursday at 11:45. Requested voluntary donation is \$2.00. To sign up for lunch, call 978-263-5053 by 10:30 the day before you wish to come. Call the COA at 978-264-9643 for transportation, if needed.



- **Mother’s Day Lunch** will be on **Tuesday, May 8th**. Please call by May 4th for a reservation.
- **May Birthday Lunch** will be on **Wednesday, May 9th**. Anyone celebrating a May birthday is welcome to make a reservation to join us for a complimentary lunch funded by Friends of the Acton COA.
- **Special Chinese Lunch** will be on Tuesday, May 22nd. Please call by May 18th for a reservation.

Are You OK Program

Would you be reassured if you received a call everyday at the same time? Maybe the "Are You Okay?" program is for you. This telephone reassurance program is being offered to any Acton resident who would benefit from a daily scheduled contact for a "well-being" check. To enroll in this free service call Carol Steiner at the COA.

AROUND TOWN...

Town of Acton Household Hazardous Waste Collection Day

Saturday, May 5th at the DPW Garage, 14 Forest Rd., 9:00-11:30

A list of acceptable items for collection can be obtained at the Health Department Office, Transfer Station and Acton Library. This collection is for Acton residents only, and proof of residency is required. Residents who wish to dispose of TVs and CRT's (computer monitors) will be charged \$25 per unit. Cash or check made out to the Town of Acton will be accepted. Please contact the Acton Health Department at 978-264-9634 with questions.

Acton Recreation Department Summer Programs

Registrations are now being accepted for summer membership at NARA Park Beach. There are many upcoming affordable bus trips including: Block Island, a Connecticut River Cruise and a Lobsterbake Casino trip. Contact the Recreation Department for more information on trips or to sign up. Mark your calendars... the Air Force "Liberty Band" will have a free concert at NARA Park's Amphitheatre on Friday, June 15th at 6:30 PM.

AARP Safe Driver Safety Program at Emerson Hospital

Tuesday, May 1st and Thursday, May 3rd, 10:00-3:00

Call 978-287-3085 for more information on this classroom refresher course for drivers 55 and over.

Acton-Boxborough Community Education

Trips are planned to New York City, Tanglewood and Maine Lighthouse tour. Details are in your Spring *Interaction*. Call Community Education at 978-266-2525 to register.

Assabet River Rail Trail Hearing

Monday, May 7th, 8:00pm in the Faulkner Room at the Town Hall

Emerson Hospital Fashion Show at Talbots, Acton

Wednesday, May 16th, 7:00pm

View the latest spring and summer fashions modeled by Emerson Hospital's surgical weight loss patients.

Cancer Awareness Day at Bethke Cancer Center at Emerson Hospital

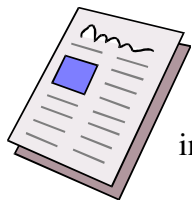
Saturday, May 19th, 9:00-1:30

Free health screenings for skin cancer, colon-rectal cancer, prostate cancer, oral cancer as well blood pressure, diabetes screening, cholesterol testing. Call 978-287-3237 for information and registration.

Minuteman Senior Services Presents "Compassion Fatigue to Compassionate Energy...A Challenge for Caregivers", Reverend Kathleen Rusnak, Ph.D., Presenter

Thursday, May 24th, 8:30 at the Hilton Garden Inn, Burlington, MA

Compassion fatigue can be a normal outcome of caring for families over a long period of time. Dr. Rusnak will discuss how compassion fatigue can be transformed into compassion-energized care. Mindfulness, attitude and hospitality will be discussed and illustrated as life giving practices that possess transformative powers. Pre-registration required. Call 781-221-7033 or www.minutemansenior.org/pdTrainingRusnak07.html. \$20.00 fee.



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Handyman Program

Daylight Savings Time came early this spring! Call the Handyman Program at the Council on Aging at 978-264-9643 and we can schedule someone to install your new smoke detector batteries.

We'll also be offering to change over storm doors and windows again this spring. Call with your name, address, phone and request and the Handyman program will call you back to schedule a time to do your work. Please remember that the Handyman Program is staffed by volunteers and it may take a few days to respond to your request.



COA Volunteer Opportunities

- Handymen/Electronics Specialists
- Workshop Leaders
- Quilters: once a week informal
- Wheel-A-Meal Drivers: always looking to add both regular and substitute drivers
- Friendly Visitors
- Newsletter Mailers: once a month
- Office Support: set hours, 2 hour min., basic skills required

If you are interested in these or any other volunteer jobs, call Carol Steiner at the COA.

Friendly News

In February, the Friends of the Acton COA initiated a new fund raising effort by mailing an appeal for donations to 175 Acton businesses. The response has been very positive with an initial response of \$1400. Look for the names of the business donors in future newsletters, in the local newspapers and at the Senior Center.

In March, the Friends submitted a grant application to United Way. We will not know the results of the application until June. The funds that we receive annually from United Way are very important to the funding of many of the programs offered at the Senior Center.

Look for the Friends' exhibition table at the WELLNESS UNIVERSITY on April 28. In addition to providing information, we will be recruiting for volunteers and new members of the Friends organization.

We hope many seniors will enjoy the newest program we are offering in conjunction with Framingham State College and its Center for Lifelong Learners. This new musical offering is the result of your response to the COA Board Survey with a request for a classical music program. It is entitled, "Compare and Contrast: Schubert and Schumann, Rachmaninoff and Debussy."

Stroke Heroes Act FAST Program

Stroke is the leading cause of adult disability in the United States and a leading cause of death. After age 45, the rate of death from stroke more than triples each decade. Disability and death can be prevented with early treatment. A call to 9-1-1 at the first symptoms of stroke can help prevent death and severe impairments. The Massachusetts Department of Public Health has developed a stroke awareness and education program entitled "Stroke Heroes Act FAST". The F-A-S-T acronym spells out the major signs of stroke and the need to act fast when any **ONE** sign is present:

- | | |
|----------------------|---|
| <u>F</u>ACE | Does it droop when you ask them to smile? |
| <u>A</u>RM | Does one arm drift down on either side? |
| <u>S</u>PEECH | Does it sound confused or strange? |
| <u>T</u>IME | Then it's time to call 9-1-1. |

If you notice someone experiencing **any** of the signs of stroke described above, call 9-1-1 immediately. You can be a stroke hero. Every second counts.

Massachusetts Senior Olympic Games

June 14-17



The 2007 Summer Games will be held at Springfield College for men and women age 50 and over. Registration forms are available by calling 413-748-3812 or on the website www.maseniorgames.org.

SHINE...

SHINE Websites: www.medicare.gov , www.massmedline.com , Medicare Advocacy Project: 1-800-323-3203

HEALTH NEWS...

Masspro Website at www.masspro.org – for information about Medicare beneficiaries and providers. It also links to resources and tools to support ongoing initiatives.

Medicare “Compare” Websites

Home Health Agencies Compare – www.medicare.gov/HHCompare/Home.asp

Hospital Compare – www.hospitalcompare.hhs.gov

Nursing Home Compare – www.medicare.gov/NHCompare/Home.asp

Medicare Prescription Drug Plan Finder at www.medicare.gov/MPDPF

Alzheimer’s Disease Services

- **Alzheimer’s Association Helpline** 1-800-548-2111. Available for calls 7 days a week, 24 hours a day.
- **Cooperative Elder Services, Inc.;** 978-318-0046. Provides adult day health and Alzheimer’s day programs.
- **Minuteman Senior Services** provides free in-home consultations. Call 978-263-8720 for more information.

Support Groups

- **Alzheimer’s Disease Caregivers Support Group at the Inn at Robbins Brook** meets the 4th Wednesday of each month in the early evening. Contact Joanne McCole at 978-486-3512 or Judy Ramirez at 978-692-5523 ext.104 for more information.
- **Life Care of Nashoba Valley**, 1st Wednesday of each month 5:30-7 p.m. Contact Gail Mallardo 978-486-3512
- **Caregivers support group**, 3rd Tuesday of the month at 10:30 a.m. Concord Park Assisted Living in West Concord. Call Mary Baum 978-369-4728.
- **Support Group for families and friends of the mentally ill:** NAMI, Meetings at First Parish Church of Stow, 3rd Thursday each month 7-9 p.m. Call 978-897-2962 for information.

Information and Referral Service: toll free 1-877-211-6277 (1-877-211-MASS) is a statewide collaboration of local United Ways and the Mass. Assoc. of Information and Referral Specialists (MAIRS) that recognizes a need for people to access information on health and human services programs and agencies.

Healthcare Websites

- **Alzheimer’s Association** sponsored website for people who care for a loved one with Alzheimer’s disease. Enter info about your situation at www.alz.org/carefinder and get a customized report with recommendations and questions to ask care providers based on your needs. Future care giving issues can be addressed as well.
- **Office of the Attorney General**, www.ago.state.ma.us, click on elders.
- **Long Term Care**, www.masslongtermcare.org. For information on services in the long term care continuum, i.e. financing, area specific care locator service and guides to selecting nursing or assisted living residences.

Assistive Technology Website to post or look for items in New England go to www.getatstuff.org.

To Contact your State Legislators:

State Senator Pam Resor

State House, Room 410, Boston, MA 02133

Phone: 617-722-1120

Email: Pamela.Resor@state.ma.us

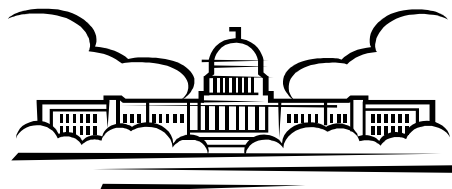
State Representative Cory Atkins

14th Middlesex District (Acton precincts 1, 2, 6)

State House, Room 472, Boston, MA 02133

Phone: 617-722-2013

Email: Rep.CoryAtkins@hou.state.ma.us



State Representative James Eldridge

37th Middlesex District (Acton precincts 3, 4, 5)

State House, Room 33, Boston, MA 02133

Phone: 617-722-2060

Email: Rep.JamesEldridge@hou.state.ma.us

The Senior Center and COA Office will be closed on Monday, May 28th for Memorial Day.

SENIOR CENTER CLINICS

Hearing: Thursday, May 10th, 1:00-3:00

Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free. Please call to register.

Podiatry Clinic: Tuesday, May 8th, 8:15-11:00

Offered through the Acton Public Nursing Service. The clinic provides podiatry services not covered by insurance. Dr. Sandra Weakland, DPM, provides such basic services as an evaluation and nail clipping. The \$20 fee for the clinic may be waived in case of hardship. The clinic is funded by the Friends of the Acton Nursing Service. Call 978-264-9653 for an appointment.

Blood Pressure & Wellness Clinic: Tuesday, May 8th and 22nd, 9:30-11:30

The Acton Public Health Nursing Service will continue to offer a free wellness clinic at the COA but has changed the dates & times. A Registered Nurse will be available to check blood pressure, pulse, or weight, answer any medication, nutritional, exercise or health related questions. No appointment is necessary.

Save the Date! June 7th, 2:00 is the Annual Council on Aging volunteer thank you reception.

Affordable Housing Units at the Residences at Robbins Brook

The Acton Community Housing Corporation (ACHC) announces an opportunity for income-eligible homebuyers, 55 and over, to buy one of three town homes at The Residences at Robbins Brook. The 54 unit development is located on Hartland Way in North Acton off Main St. This is an active 55+ community. Each two bedroom unit contains a one car garage, 1 1/2 bathrooms and a washer and dryer hook-up. The units are priced at \$166,600 and each is available on a first come first served basis, no lottery is required. This is a rare opportunity for eligible households. For a household of 2, income cannot exceed \$52,950. You may currently own your home, which must be sold if you have an opportunity to purchase. You are limited to \$200,000 equity after outstanding mortgage, broker and legal fees are paid. Household assets can not exceed \$50,000, retirement assets are included. The homes will have deed restrictions to protect the affordability of the town homes for future eligible buyers. If you think you qualify and are interested in applying, please contact MCO Housing Services at 978-456-8388 for an application. Information is also available at the Senior Center.

ACTON COA STAFF

Jean Fleming, Director
Carol Steiner, Outreach/Volunteer Coord.
Debby Mozzicato, Program Coordinator
Judy Peters, Van Dispatcher/Admin Assist
Ron Paskavitz, Van Driver
Steve Ryan and Peter Colby, Sub. Van Drivers

ACTON COA BOARD MEMBERS

Stephen Baran, Chair	Gena Manalan, Vice-Chair
Edwin Carell	Mike Gowing
Barbara Cantrill	Sally Thompson
Anita Dodson	Barbara Tallone
Pat Ellis	Paul Turner
Bill Ely	

The Acton COA Board will meet on Tuesday, May 15th at 3:45pm at the Senior Center.

ACTON COUNCIL ON AGING

Town Hall, 472 Main Street

Acton MA 01720

Return Service Requested

PRSRT STD

U.S. Postage Paid

Acton, MA

Permit #67